

Of Interest to Every Woman

Edited by Martha Westover

A LINE O' CHEER EACH DAY O' TH' YEAR



THE CALL

Though Opportunity still taps the door, it is not to be opened in days of yore. This well to bear in mind right constantly. That things have changed from what they used to be. And CHANCES great to win or lose a throne. May drop the KNOCKER for the TELEPHONE. Hence, door or telephone, be nothing loth. To keep an open eye and ear on both.

DO YOU HAPPEN TO BE TOO FAT

There are people who do not eat too much, who do not even eat enough, and yet have a tendency to store up in the form of fat the food which should be turned to account in producing energy. This tendency is hereditary. More than half the fat people are fat because the character runs in the family.

They cannot help it, but they can certainly limit the degree by appropriate measures.

Causes Numerous. Besides heredity there are other predisposing causes, and it will be seen that some of them are under our control. Then sedentary occupations, the love of luxury and indolence, and a very phlegmatic temperament favor the development of fat.

Age has a great influence. People seldom become unduly fat before the age of forty. And sex also has something to do with the matter, for women are far more frequently fat than men. To avoid all this it is consequently necessary to take precautions as early middle life approaches, and these are especially necessary for women.

From the Age of Thirty. The preventive measures consist in limitation of food from the age of thirty years onward. Sugar and starchy foods (potatoes, bread, rice, etc.) must be eaten moderately. So must butter and other fats. Alcohol, especially beer, must be avoided. Salt should be used sparingly and liquids should be taken between meals, never at them.

If a woman is accustomed to active exercise she should continue it, and if she is not accustomed to it she should begin. There is no reason why a healthy woman should not play tennis and golf, cycle and take part in other sports well into late middle life.

The Cold Bath. Cold baths are of great service, but after the age of thirty they must be taken only with the approval of the doctor. Turkish baths are also useful, but here again it is well to have medical advice.

Suppose, however, a person is arrived at the threatening age and is actually fat, what can she do?

It should be remembered that a fat person is often a weak person, and in certain cases the heart may be very weak. Judicious treatment is therefore required. Indeed, what a fat person needs is stimulation of the energies. The first measure is to regulate the diet, and as every one knows, there are many diet systems to choose from.

A SEPARATE BLOUSE.



This one is of plain material combined with figured chiffon and lace. Fur is used to finish neck and sleeves. These should be adopted only under medical advice. The following dietary is recommended on high medical authority: 7:45 A. M.—A tumbler of hot water, slipped. 8:15—Breakfast: One small cup of tea or coffee sweetened with saccharin, no cream or milk; one ounce dry toast, two eggs. 1 P. M.—Three-quarters of a tumbler of any mild natural mineral water. 1:30 P. M.—Lunch: Three to four ounces lean beef mutton, hams, chicken, game; four ounces any of the vegetables enumerated below: a baked apple, sweetened with saccharin; two or three dry biscuits; two ounces toast; a small cup of coffee without sugar or milk. 4 P. M.—A cup of tea without milk or sugar and one biscuit. Half an hour before dinner a tumbler

The Great Trials of History

Trial of Sir Walter Raleigh.

Sir Walter Raleigh, the eminent English explorer and author, was several times imprisoned, the first time being when he was accused and found guilty of conspiring to raise Lady Arabella Stuart to the throne. The trial upon this charge took place in 1603 and ended in his being condemned to death at Winchester, November 17, 1603. Following this trial he was kept for thirteen years confined in the Tower, but finally recovered his liberty, but not his pardon, through the influence of Villiers, James I., who had been responsible for his imprisonment. Raleigh had an admirably composed and he sailed with his fleet for the discovery of his promised El Dorado, in Guinea, but as his expedition was a failure, and the English government being on friendly terms with Spain and Raleigh having offended that nation by his conduct in Guinea, it was decided by the judges that the sentence of death pronounced in 1603 was still valid, he was executed in the palace yard at Westminster on October 29, 1618.

When Raleigh was arraigned for trial in 1603, the indictment read against him was that "he did conspire and go about to deprive the King of his government; to raise up sedition within the realm; to alter religion; to bring in the Roman superstition, and to procure foreign enemies to invade the kingdom."

To this indictment Raleigh pleaded not guilty. The trial was long drawn out, and fortunate for history it has been preserved almost in its entirety. Raleigh had been committed to the tower on July 19, 1603, and it was not until November before the indictments were all ready for his prosecution. From the very start the trial at Winchester was conducted with such outrageous unfairness as to shock even the opinion of the time, and his gallant bearing, even in face of the brutality of the attorney-general, Sir Edward Coke, turned public opinion in his favor. That Raleigh was cognizant of the conspiracies against the government appears from his own testimony, though the evidence produced against him was insufficient to prove his guilt. Much was kept back by the council, and the jury was influenced by knowing that the council thought him guilty.

The jury that sat in judgment at the trial was only out a quarter of an hour before they returned a verdict of "guilty." Upon the Lord Chief Justice read the following "judgment": "But since you have been found guilty of these horrible treasons, the judgment of this court is that you shall be taken from hence to the place from whence you came, there to remain until the day of execution, and from thence you shall be drawn upon a hurdle, through the open streets, to the place of execution, there to be hanged and cut down alive, and your body shall be opened, your heart and bowels plucked out; then your head shall be struck off your body, and your body shall be divided into four quarters, to be disposed of at the King's pleasure. And God have mercy upon your soul!"

As the Spanish demanded his punishment following his fortunate Guinea venture, already referred to, King James was willing to sacrifice Raleigh to the advancement of peace with Spain. When he arrived at Plymouth Sir Lewis Stukely, vice-admiral of the County of Devon, seized him and brought him to London. He was first placed in Westminster Hall and from thence was carried to the Gatehouse of the Tower, where he had the favor of the ax granted him.

All persons wondered how that old sentence that had lain dormant for sixteen years, could have been made use of to take off Sir Walter Raleigh's head, afterward. Raleigh's first appearance on the scaffold on the day of his execution, October 29, 1618, was asked which way he would lay his head, afterward. Raleigh's first appearance on the scaffold on the day of his execution, October 29, 1618, was asked which way he would lay his head, afterward. Raleigh's first appearance on the scaffold on the day of his execution, October 29, 1618, was asked which way he would lay his head, afterward.

After having examined the ax with which he was to have his head severed, he said: "This is a sharp medicine, but it is a physician for all diseases," and when he was asked which way he would lay his head, he replied: "So the heart be right, it is no matter which way the head lieth." This died Queen Elizabeth's favorite and the scourge and terror of Spain.



Fur, chiffon and satin are combined in this charming dress for dancing.

GETTING ALONG WITHOUT ICE

BY FRANCES MARSHALL. Even if the egg bill does go higher in the winter, the ice bill can be reduced almost to nothing—in some cases to nothing at all. For even in the city it is possible to get along without much ice and in the country it is possible to get along without any. And all this without discomfort or a lack of chilled dainties.

Of course, in the city appearances count for a good deal, especially in the cold months. Hence a plain, out-and-out window-box in which cold food is stored is undesirable.

In the country a pantry window can be converted into a refrigerator for the cold months. Half open the window and fit in the opening a box. If the box is not broad enough to fill the window, board up the remaining space with a piece of zinc. If possible, use a layer of felt between the zinc and the box will further add to the equality of the temperature of the box. If possible, put a wire rack in the box for a shelf. Otherwise put a board, covered on both sides with zinc, for a shelf. Fit the front of this improvised refrigerator with a drop-door, faced on the inside with zinc.

Of course, a much simpler substitute for a refrigerator is simply a wooden box. But the zinc lining makes the box just so much easier to keep clean. If there is no available window, such a box can be kept on a sheltered veranda or porch. In that case it should be fastened securely shut to protect it against the inroads of cats and dogs; and if there is any danger of visits

A THREE-QUARTER COAT.



Very popular this winter. They are most useful to wear over a silk coat suit at tea time.

SQUASH AT ITS BEST

Winter squash ought to be considered one of the best of winter vegetables. But naturally enough when it is served in a soft, watery mass, as it so frequently is, it is looked on as rather tasteless and distinctly monotonous. The best way to cook winter squash is to bake it. The shell should be washed and the squash cut in two. Then the seeds should be removed and the two halves placed in a pan in the oven. They should be baked in a moderate oven until the pulp is soft. It is then necessary a sheet of waxed paper may be spread over the squash to keep it from scorching. When it is done the pulp should be scraped from the skin and mashed, with much butter and a liberal seasoning of pepper and salt. If the squash is steamed or boiled it tends to be soggy and is best if it is served for a long time in a fine sieve for a long time in a fine sieve for a long time in a fine sieve.

Baked squash can be formed into small balls and fried. When the pulp is tender press it through a colander and to the pulp of one squash of medium size add half a cupful of soft bread crumbs, a teaspoonful of salt and some pepper. Mix well and add a heaping tablespoonful of soft butter. Heat over the fire and then cool. Form in balls and roll in cracker crumbs, very fine. Fry in deep, hot fat.

Panned squash is worth trying. To make it boil a squash, cut into squares about three inches across, for twenty minutes. Drain these thoroughly and put a layer in the bottom of a baking dish. Sprinkle the layer with sugar and dots of butter. Put in another layer of squash, more butter, and so on, and fill the dish with alternate layers of squash and seasoning. Pour half a cupful of warm water over the top and cover the dish securely. A casserole is a satisfactory dish to use. Cook the squash in a moderate oven for an hour. When it is done the squash should be almost transparent and very tender.

Squash muffins are delicious and they can be made from cold, left-over squash. To make them use two-thirds of a cupful of cooked squash with a quarter of a cupful of sugar. Beat an egg until it is frothy and add it to the other ingredients. Mix three teaspoonfuls of baking powder and half a teaspoonful of salt with two and a half cupsful of flour and sift. Add to the squash mixture and beat thoroughly. Then add two tablespoonfuls of melted butter and put in muffin rings. Bake in a moderately hot oven for twenty-five minutes.

Squash can be cooked somewhat in the manner of eggplant. Slice it in slices half an inch thick and cut each slice in four pieces. Parboil them gently until they are slightly softened. Then dip each piece in beaten eggs and bread crumbs and fry brown in shallow hot fat.

Very good are the blouses of thin French batiste, hand embroidered and lined with pink chiffon.

Tassels of broad, silk fringe or beads are found on everything, from hair ornaments to tailor-mades.

Separate skirts are of woolen plaid, and worn with plain, colored, black, navy blue or green coats.

Evening wraps appear in very daring colors. Those of chiffon velvet are extensively worn at the opera.

FOR SHOPPING. The latest of the season is no reason for a lack of frozen desserts. Delicious ice cream can be frozen in a freezer filled with snow and salt. And mouse can be frozen out of doors in the snow.

To make mouse out of doors, whip some cream, add sugar and any desired fruit or other flavor. Maple syrup is good. Then pack this in a small can—a pound baking-powder tin is good, put the small tin in a big dish filled with snow and rock salt and cover the dish securely. Set it out of doors for three hours, occasionally adding more snow. Or else simply bury the can containing the mouse mixture in a snowbank, in very cold weather, and leave it there for several hours.

Sew a hook on one end and an eye on the other of the strip of elastic that goes into the small boy's knickerbockers. Nothing is easier than to slip it out when washday comes.

A standard pudding sauce is made of half a cupful butter and one cupful brown sugar creamed together. Add four tablespoonfuls rich milk and flavor with vanilla and lemon.

New Indian Animal Stories

Why the Birds Sing in the Springtime.

By John M. Oakison.

Long time ago there was a thing which made the little Indian boys and girls wonder. Why did the birds sing so much in the springtime? Why didn't they sing just as much in the summer or in the autumn or the winter?

One day a little girl went on asking this question of her mother until her mother called to her own very old grandfather to come and satisfy the little one's curiosity.

"If you don't tell this tiny one why the birds sing in springtime, I shall have no sleep this night!" said the mother. So, the little one's grandfather told her slowly to a seat in the shade of a tree beside the wide river; and then he said to her:

"In the days before even I can remember—even before my great-grandfather told her slowly to a seat in the shade of a tree beside the wide river; and then he said to her:

"The Great Sky Doctor made a big hole in the sky, so that the people and the animals that were in the canoes could stand up and stretch themselves; and he said to the Great Buzzard that there was only one way to make the water go down.

"All the birds must begin to sing just as fast and as loud as they can," said the Great Sky Doctor. And when the Great Buzzard told this to the birds they at once began to sing. Even the woodpecker let go his hood on the sky long enough to sing.

"Sure enough, as the birds sang, the water fell lower and lower; and after the sun had gone down and come up sixty times, the mountains and the hills and the high plains were uncovered, and the water was only in the rivers and in the very low places—as you see it to-day.

"Ever since that time when the rains began to fall in the early springtime, and when the snows begin to melt and the floods come racing down from the mountains, all the birds in the world that can sing at all begin; and that is why there has never been another great flood."

DAME FASHION SAYS

Two-tone or plaited hosiery comes in a wide variety of colorings and combinations of colors.

Duvetyn, which has made so strong an appeal this fall for suitings, has much in its favor besides the exquisite colorings in which it is to be had. It is not only soft and supple, but has considerable warmth.

Small draped hats of velvet with a single feather fancy tellingly placed are in unusually good taste.

Hand-stitched squares of which it is padded. Apparently it cannot be heavily padded, and when the handwork is done in worsted the padding is accentuated.

Thick net is a favorite material for frills, vests and coats of various kinds. Sometimes there is a touch of handwork in silver or gold thread.

Al tender it must be drained in a fine sieve for a long time in a fine sieve for a long time in a fine sieve.

Some of the popular bead necklaces are made of so-called Job's tears. These beads are the seeds of a tropical grass. The range of coloring—nature's own—is very wide, and the shells are hard. The seeds may be purchased in bulk and then strung.

RING FOR THEIR DINNER

Pet Swans Continue Practice Taught Them Generations Ago. During a recent visit to the cathedral city of Wells, in Somersetshire, a Scotsman correspondent was witness of a curious incident. The Episcopal Palace is surrounded, just as in olden times, by a wall and a moat, the haunt of swans, ducks and other aquatic birds. The moat is crossed at the entrance to the palace grounds by a drawbridge with a battlemented gateway with towers, one of which is the gatekeeper's lodge. From a bracket fixed to the wall of one of these towers overlooking the moat a bell is sustained, with a cord attached.

One afternoon about 5 o'clock, while hearing the movements of the various birds in the water, the correspondent heard the ringing of a bell, and, on looking to see whence the sound came, he observed that one of the swans was vigorously pulling the cord, evidently to attract attention. As no immediate notice was taken of its efforts, the impatient bird continued to ring the bell violently until there appeared at the window of the lower story of the gatekeeper's lodge, where the wife of the gatekeeper, who threw a quantity of food to the expectant water fowl.

On making inquiries as to the origin of this interesting episode the correspondent was told that a number of years ago a daughter of the Bishop of Wells, being much interested in the birds inhabiting the moat, taught the swans to ring the bell at feeding time. At 5 o'clock in the afternoon. This practice has been continued by successive families of swans down to the present day and it would seem, therefore, as if the birds transmitted to their offspring the knowledge that when the cord was pulled the bell would ring and that food would follow.

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